

What is claimed is:

1. A shoe, comprising:
 - an upper;
 - a sole having a top surface;
 - said upper being integrally formed with said sole;
 - a footbed having a bottom surface and being removably placed on said top surface;
 - said bottom surface having a plurality of channels;
 - said top surface having a plurality of notches; and
 - said plurality of channels being in communication with said plurality of notches for ventilating the shoe.
2. The shoe in accordance with claim 1, wherein said plurality of channels are in direct contact with said plurality of notches.
3. The shoe in accordance with claim 1, wherein said sole includes a through hole in a side of said sole, wherein said through hole extends from an inner surface of said sole to an outer surface of said sole.
4. The shoe in accordance with claim 3, wherein said plurality of channels and said plurality of notches are in communication with said through hole.
5. The shoe in accordance with claim 3, wherein said through hole includes a filter for inhibiting debris from entering the shoe.

6. The shoe in accordance with claim 1, wherein said plurality of channels mate with said plurality of notches, wherein said plurality of channels and plurality of notches define an enclosed plurality of passages.
7. The shoe in accordance with claim 1, wherein said footbed further includes a hole extending from a foot surface to an outer surface, said hole being in communication with said plurality of channels.
8. The shoe in accordance with claim 7, wherein said outer surface is said bottom surface of said footbed.
9. The shoe in accordance with claim 7, wherein said outer surface is a side surface of said footbed.
10. The shoe in accordance with claim 1, wherein said upper includes a through opening in a side of said upper, wherein said through opening extends from an inner surface of said upper to an outer surface of said upper.
11. The shoe in accordance with claim 10, wherein said plurality of channels and said plurality of notches are in communication with said through opening.
12. The shoe in accordance with claim 10, wherein said through opening further includes a second filter for inhibiting debris from entering the shoe.
13. A shoe, comprising:
 - an upper having a toe area and a heel area;
 - a sole having a top surface;

said upper being integrally formed with said sole;

said toe area extending around a localized periphery of said top surface and extending upwardly away from said top surface to secure the shoe to a user's toe; and

said heel area extending around a localized periphery of said top surface and extending upwardly away from said top surface to secure the shoe to a user's heel.

14. The shoe in accordance with claim 13, further comprising a footbed having a bottom surface and being removably placed on said top surface and wherein said bottom surface includes a plurality of channels.

15. The shoe in accordance with claim 14, wherein said top surface further comprises a plurality of notches placed in communication with said plurality of channels for ventilating the shoe.

16. The shoe in accordance with claim 15, wherein said sole further comprises a through hole in a side of said sole, wherein said through hole extends from an inner surface of said sole to an outer surface of said sole and is in communication with said plurality of channels and plurality of notches.

17. The shoe in accordance with claim 15, wherein said upper further comprises a through opening in a side of said upper, wherein said through opening extends from an inner surface of said upper to an outer surface of said upper and is in communication with said plurality of channels and plurality of notches.

18. A method of providing a shoe, comprising the steps of:
- providing a sole integrally combined with an upper;
 - providing a plurality of notches in a top surface of the sole;
 - providing a through hole in a side of the sole;
 - providing a footbed with a plurality of channels in a bottom surface or a side surface of the footbed;
 - providing a through hole extending from a foot surface of the footbed to the bottom surface or the side surface; and
 - orientating the plurality of notches, plurality of channels, and through hole to be in communication with each other.
19. The method according to claim 18, further comprising the step of extending the upper upwardly around a localized periphery of the sole to secure the sole to a user's foot.